



Meeting Your Needs. At Home. At Sea.

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

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|----------------------|---|------|
| 5-6 January | Power of Positive Parenting | FFSC |
| 0800 – 1200 | | |
| 7 January | New Parent's of Infants | FFSC |
| 0730 – 0930 | | |
| 8 January | PREP - Prevention and Relationship Enhancement Program | FFSC |
| 0730 – 1530 | | |
| 13 January | Single Parenting | FFSC |
| 0730 – 1530 | | |
| 13 January | Investing | FFSC |
| 0800 – 1600 | | |
| 14 January | Smart Emotions | FFSC |
| 0730 – 1530 | | |
| 15 January | New Parent's of Infants | NNMC |
| 0730 – 0930 | | |
| 15 January | Parenting Children Ages 2—12 | NNMC |
| 0930 – 1130 | | |
| 15 January | Meet the Employer | FFSC |
| 1200 – 1600 | | |
| 16 January | Spending Plan | FFSC |
| 0900 – 1100 | | |
| 16 January | Introduction to Investing | FFSC |
| 1300 – 1500 | | |
| 20 January | Parenting Teens | FFSC |
| 1300 – 1500 | | |
| 22 January | Advance Resume | FFSC |
| 0900 – 1200 | | |
| 22 January | Stress Management | FFSC |
| 0900 – 1100 | | |
| 22 January | Anger Management | FFSC |
| 1130 – 1330 | | |
| 23 January | Millionaire Club | FFSC |
| 0800 – 1500 | | |
| 27-29 January | SAVI Command REP Training** (Sexual Assault Victim Intervention) | FFSC |
| 0730 – 1530 | | |
| 27 January | Smooth Move | FFSC |
| 0900 – 1200 | | |
| 28 January | Smooth Move | NNMC |
| 0900 – 1200 | | |
| 29 January | Retirement Planning | FFSC |
| 1300 – 1500 | | |
| 30 January | Newcomers Finance | FFSC |
| 0800 – 1600 | | |

The Quarterdeck January 2004

Professional Counseling & Misconceptions

Misconception: The Center has nothing to offer me.

Truth: The Center offers something for anyone who would like to speak to a trained professional about every day life challenges. You can learn to work together more effectively as parents, decrease conflict in your relationship, or respond more effectively to challenging situations at work

Misconception: Counseling will hurt my Navy career.

Truth: Seeking help to resolve problems before they interfere with work or family life can actually enhance your career. FFSC professional counseling services are private, in that information you share is not routinely divulged to your Command or others. In the first session, the counselor fully explains the limits to your privacy and the circumstances under which they are required to report information to your command or others.

Misconception: The Center hires counselors that are less qualified than in the community.

Truth: All FFSC clinical counselors have masters or doctoral degrees in a mental health related field such as social work, psychology, marriage and family therapy, or counseling. Professional counseling services are provided by state licensed independent clinicians or under the close supervision of a licensed, independent counselor.

Misconception: The FFSC is mostly a referral service.

Truth: The FFSC will provide referral to other military or community programs and services, especially when the individual is experiencing a more significant or long-standing problem for which Center counseling services are not appropriate, but also offers brief professional counseling for sailors and family members who are experiencing common life problems. Similar services in the community can be very expensive and are not typically covered under TRICARE behavioral health plans.

Letter From the FFSC Director

2003 was both an exciting and interesting year. We saw the collapse of Saddam Hussein's regime through the success of our men and women fighting in OPERATION IRAQI FREEDOM. This along with the continuing fight against terrorism has affected each one of our lives in one-way or another. Whether it is seeing a loved one deployed to a hostile environment, being that loved one that is deployed, having to deal with the extra security measures at our airports, or even paying the extra money for the cost of gasoline, 2003 has brought about change in all of us.

In June 2003, the FFSC took part in a major renovation project and relocated to Enterprise Hall, Building 72 on Naval Station Anacostia. This new location has allowed the Center to implement new ideas and programs, which have immediately increased the quality of service provided to our Sailor's and their families throughout the National Capital Region. The "State of the Art" facilities found within Center can accommodate anyone's needs. From the Commanding Officer to the deck plate Sailor, the Center offers a wide variety of services for the personal and professional growth of our Sailors. An essential tool for leadership, the FFSC's number should be in every leaders phone book.

Not only does the Center care for those men and women in uniform, but also for those who support our Sailors, Navy spouses and children. These individuals make the ultimate sacrifice on a day-to-day basis and we are here to meet their needs as well. From assistance to finding employment, services in help ease the burdens of relocation or assistance when the service member is being either deployed or mobilized, the FFSC has personnel trained to care for our military families.

The Center has enjoyed many successes and looks forward to the challenges of the uncharted waters that lay ahead in 2004. The FFSC is working closely with other bases in the local area to establish satellite offices to allow easier access to our programs and services. We are working hand in hand with other Community Support Programs creating a partnerships to market and increase outreach services to better support the local community. Our goal for 2004 is to provide our Sailors with the tools that will allow them to soar to new heights of personal and professional development.

In a time of raised threat levels, it is comforting to know that there is a place that you can come to and know that you will be offered the best services in the Fleet. That place, is the Naval District Washington Fleet and Family Support Center!

*We are located on the
Anacostia Annex,
Bldg. 72, 2767 Watson Road, SW,
Phone: 202-433-6151, DSN 288-6151*

Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/default.html>